



road food



Chaz

[cvillette](#)

<https://cvillette.livejournal.com/>

2008-01-02 16:47:00

MOOD: 😊 busy

MUSIC: The Belle Stars - Iko Iko

Why do the UNSUBs never travel south for the winter? It's always North Dakota, Wyoming, Minnesota, Wisconsin, or--

--or [this \(https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.wunderground.com/US/VT/Danville.html)

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[\(https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//maps.google.com/maps%3Fq%3DDanville.%2BVT.%2BUnited%2BStates%2Bof%2BAmerica%26sa%3DX%26oi%3Dmap%26ct%3Dtitle)

[to=http%3A//maps.google.com/maps%3Fq%3DDanville.%2BVT.%2BUnited%2BStates%2Bof%2BAmerica%26sa%3DX%26oi%3Dmap%26ct%3Dtitle\)](https://www.livejournal.com/away?to=http%3A//maps.google.com/maps%3Fq%3DDanville.%2BVT.%2BUnited%2BStates%2Bof%2BAmerica%26sa%3DX%26oi%3Dmap%26ct%3Dtitle)

If I were any closer to the border, they'd be checking my passport. Which, yes, raises a very unsettling possibility.

So far, this is what I've eaten today:

4 cups of quinoa with cream and brown sugar (1272 calories, 205 calories, 35 calories)

4 black bean burritos with Matouk's picante sauce and whole milk yogurt. (They were out of Calypso sauce!) (872 calories, negligible calories, 301 calories)

6 medium red apples (Fuji) (489 calories)

1 large mango (135 calories)

2 giant lattes (437 calories)

3744 calories total.

I need to find something in this teeny tiny little town that will feed a working jammer, and soon. But it's really cold out there. And it's dark already.

North is still north, no matter how you slice it.

Happy New Year. Have a bloodbath.

I wanna go home.

I wanna go back to Maui.



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting stuff we don't need

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah, I'm sorry. And I'm

[Poppets. Puppets. Poppet](#)

[puppets. Scary.](#)

24 comments



[avocadovp](#)

January 2 2008, 22:04:02 UTC

[COLLAPSE](#)

>> 3744 calories total.

I'll trade you any number of summers in the mid-South for that metabolism. You can close your eyes and pretend you're on Maui, and it's unseasonably hot, humid, and mosquito-y.



[cvillette](#)

[January 2 2008, 22:16:15 UTC](#)

[COLLAPSE](#)

It sounds like fun until you have to keep up with it. You know that thing where you get busy and forget to eat for a couple of hours?

If I do that, I'm flirting with ketosis. Sometimes, it's not just flirting--more like a hot date.

A thousand calories every three hours I'm awake, more or less. Plus expenses. And you don't wanna know what it does to your liver function.

Still, as insanely rare metabolic disorders go, it's not so bad. I could have something like Hutchinson-Guilford syndrome. But then I'd be dead by now.



[asciikitty](#)

[January 2 2008, 22:35:32 UTC](#)

[COLLAPSE](#)

How much can you have those calories be butter, and still function? What I mean is, do you need to try and stay low-cholesterol, low-sodium etc? I know you don't want super high protein stuff all the time, 'cause ketosis is no fun at ALL.

Man. Mostly carbs, right? I bet you could get away with putting a lot of oatmeal into choco-chip cookie dough, and making a whole mess of THOSE every week, for snacks. 'Cause oatmeal cookies are breakfast.



[cvillette](#)

[January 2 2008, 22:42:13 UTC](#)

[COLLAPSE](#)

I eat a lot of oatmeal cookies. Oatmeal cookies with nut butter on top.

Protein, saturated fat, same problems as everybody else. The race is whether the liver will get me first, or if it'll be kidney failure or cardiac disease. Place your bets.

Sorry, that sounds... bitter, doesn't it? I don't know how else--I'd just rather not talk about it, I guess. When I started the food blog, I didn't think anybody but [trollcatz](#) would be reading it, and she already knows. I reckoned without the internet.



[asciikitty](#)

[January 2 2008, 22:45:50 UTC](#)

[COLLAPSE](#)

I understand. I'm trying to think of family recipes of mine that would be useful to you, tho' I bet you don't get tired of the food you cook.

'cause the tagine last week? totally kept me from going screaming nutty at work two days in a row.



[cvillette](#)

[January 2 2008, 22:48:04 UTC](#)

[COLLAPSE](#)

I love recipes.

And I'm glad you liked the tagine.



[asciikitty](#)

[January 3 2008, 03:27:30 UTC](#)

[COLLAPSE](#)

oh my god. I made it for people who know from tagine even, and THEY liked it.

I'm already planning how to tweak what I did for next time... must be a next time.



[cvillette](#)

[January 3 2008, 03:28:28 UTC](#)

[COLLAPSE](#)

What are you planning?



[asciikitty](#)

[January 3 2008, 04:02:11 UTC](#)

[COLLAPSE](#)

different olives from the ones I used, for starters. I should have just used the good dark oily ones, instead of a mix. I also came up with an almost-passable workaround for not having a preserved lemon, which I think I'll skip if I don't have preserved lemon next time. And I want to put fruit in. Hoom. I have a feeling that some kind of dark green leafy veggie would be a good addition. And I want to get a dish that I can put in the oven AND on top of the stove, because that would have been great. Maybe roasted garlic. Maybe not. I'm wondering how cumin would be - not a lot, but a tiny bit. It might be too... something... musty. I feel like I need to go wander around the Armenian groceries near my folks' place and see if I can't find the right spices too.

By the third day, the salt in the dish had gotten WAY too friendly with the other flavors, and so I need to figure out a way to make it come out less overwhelmingly salty.

But hey. I have a freezer full of chicken stock from last winter, and I feel like I should use a bunch of it before I make more.


(Those pre-cooked supermarket chickens? Are a friggin' lifesaver. Because sometimes I want to be able to serve chicken. And they have the bones in!)

(Also, I need to find a better knife before I do the thing where I take the bones out of the lamb shoulder slices that were extra cheap at the grocery. Because the sad little veggie paring-knife did yeoman's service, but it really wasn't up to the job.)


I think I need to serve it with my favorite crispy kale too - something crunchy and green as a counterpoint.

("Krispy Kale" -- take a bunch of kale. no, more. wash, pat dry, tear into bits. like, potato-chip sized bits. pat it dry again. put it in a big bowl, add a dollop of olive oil and a dash of salt, and spread a layer out on a baking sheet. bake for ten minutes at 350 degrees F, or until crunchy. Put the crunchy bits in a different bowl, keep baking until all the kale is crispy and good. Fend off grazers with kitchen utensils.)

(jeeppers. I'm sorry, I appear to have written a whole short story in your journal)


 [cvillette](#)
[January 3 2008, 13:07:57 UTC](#) [COLLAPSE](#)

Okay, work-intensive, but I am totally trying that. Thank you!


 [asciikitty](#)
[January 3 2008, 13:39:25 UTC](#) [COLLAPSE](#)

I should make that soon. maybe tomorrow.

Deleted comment

 [cvillette](#)
[January 3 2008, 14:02:27 UTC](#) [COLLAPSE](#)


I would plan on retiring to Maui.

 [trollcatz](#)
[January 3 2008, 05:15:23 UTC](#) [COLLAPSE](#)

Oh, yikes. Remember, in a pinch you can drink maple syrup. Except it might put you off maple syrup forever after, which would suck mightily.

Did you get any actual dinner? SR had damned well better remember that you need time and opportunity to eat, or I'll... cower and whimper at him until he dies of embarrassment? Wabbit, you're doing okay, yes? (The female extra-bodyfat thing seems to hold for jammers, but that's only extra relative to, you know, jammers. So I worry.)

It seems so weird to have you and Wabbit out at the same time. Hah--I bet that makes SR nervous. Serves him right. Makes *me* nervous. Yeah, you'd never have guessed, right?


 [Ometotchtli](#)
[January 3 2008, 05:22:31 UTC](#) [COLLAPSE](#)

SR kinda HAD to take me along. Hel-lo, wireless signal in Donteaven, VT? Yeah.

The Cowboy would make a good viking.

Word on Mom?



 [trollcatz](#)

[January 3 2008, 05:23:32 UTC](#) [COLLAPSE](#)

Re Mom: Is flu.



 [cvillette](#)


[January 3 2008, 13:05:47 UTC](#) [COLLAPSE](#)

Teh suck.

That means in a couple of days, re: all of us: Is flu.

Except maybe Dad. Bet *he* got the shot.




 [trollcatz](#)

[January 3 2008, 13:06:34 UTC](#) [COLLAPSE](#)

I got the shot. And I told you to get the shot, too. Remember?




 [cvillette](#)

[January 3 2008, 13:07:01 UTC](#) [COLLAPSE](#)

It hurts. And makes me feel like death for three days.




 [trollcatz](#)

[January 3 2008, 13:07:19 UTC](#) [COLLAPSE](#)

So does flu.



 [cvillette](#)

[January 3 2008, 15:19:51 UTC](#) [COLLAPSE](#)

Oh, and I have boxes and boxes of granola bars and Quaker instant oatmeal. Which is about as nasty as nasty can be. But it will sustain life. And there are apples.

I don't like this one, Daphs.

I mean, I don't like any of 'em? But it's *cold* out there. And it's supposed to snow again tomorrow. And I keep thinking about how scared you would be, and how cold. And how much it hurts to be cold. And I keep wondering how many more are going to turn up in Spring.




 [trollcatz](#)

[January 3 2008, 22:18:04 UTC](#) [COLLAPSE](#)

I don't like it either. Be careful out there, okay? I'll be here late.



 [cvillette](#)

[January 3 2008, 13:03:44 UTC](#) [COLLAPSE](#)

Dad may not be calibrated to notice the stages of pale and wan in paler, wanner people. (And even Hafs is kind of a lot paler than he is. Though in this climate, he may die of a vitamin D shortage.)

You and Duke may have the Cowboy trained. He brought us KFC. And was apologetic about it, so I didn't actually make the cat-gacking noises. It was food.

Still, we may have to eat the huskies by nightfall.


We're commuting. The closest hotel is in St. Johnsbury. Or maybe Quebec. But the good news is, St. Johnsbury has restaurants. I had these things for dinner--pizza dough baked with sliced apples, sharp cheddar, maple syrup. And they gave Hafs and I the corner of the cute little one-room cop shop closest to the wood stove.

They have 911 here now.

As of 1998.


They're still talking about it.


How are Duke and Wonder Woman doing in lovely tropical Minnesota? How does it feel to be The Home Front? Is Mom staying home in bed where she belongs?

**Ometotchtli**
[January 3 2008, 13:04:44 UTC](#) [COLLAPSE](#)

mmm. Huskies.

Actually, if they would come lie on my feet, I would spare them.



**trollcatz**
[January 3 2008, 22:23:22 UTC](#) [COLLAPSE](#)

They've got a better weather forecast in Hubbard County than you do, believe it or not.

Mom did not come in, though she has called three times. Her family needs to sit on her.

Being the home front is still seriously weird.

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